

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Sept. 12, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Child ID Day, Sept. 7

The Directorate of Law Enforcement and Security and Company E, 16th Ordnance Battalion is sponsoring Child Identification Day, Sept. 7, 10 a.m. to 1 p.m. at 2940-A Bayside Court in Bayside Village for family members of APG military and civilian employees.

Children will be fingerprinted by volunteers from the Noncommissioned Officer Academy and receive a safety briefing from McGruff, the crime-fighting dog.

Call Company E, 16th Ordnance Battalion 1st Sgt. Pamela Irle at 410-278-5625 in advance so organizers can estimate the amount of materials needed, or e-mail her at pamelairle@ocs.apg.army.mil.

APG Town Hall Meeting, Sept. 10

Deputy Installation Commander Col. Mardi U. Mark will conduct the quarterly APG Town Hall Meeting 11:30 a.m. to 1 p.m., Sept. 10, at the Edgewood Area Conference Center, building E-4810. All members of the APG community are invited to attend.

The meeting will be simultaneously broadcast on Channel 3. Off-site listeners can call in questions to 410-436-7849 or 5-7849. Questions can also be e-mailed in advance of the meeting to Linda Holloway at linda.holloway@usag.apg.army.mil.

EA Re-Nu-It Center relocates

The Edgewood Area Re-Nu-It Center has moved [from building E-5703] to building E-5185, located on Magnolia Road, one block west of Route 24. At the Magnolia Road intersection, make a left on to 32nd street, go through the gate. The entrance door is 29A, which is directly in front of the gate. The hours of operation are Wednesday, 8 a.m. to 4:15 p.m. and Friday, 10 a.m. to 6:15 p.m. For more information, call 410-436-2398.

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Army News

Construction workers raise new structure

...and raze hopes of enemies

Story and photo by
Staff Sgt. Nate Orme
Army News Service

A perfect exterior reflects the midday sun where less than a year ago devastation and chaos reigned.

The exterior belongs to the newly rebuilt section of the Pentagon which only last Sept. 11 lay destroyed in the aftermath of a terrorist attack by Islamic radicals using a commercial plane as a bomb.

The rebuilding of the Pentagon was necessary, but the speed and dedication by which it was done made this construction project different. According to many construction workers, this was personal.

"The timetable was set based on the worker's reaction to what happened. It was really the worker, not just a management decision," said

See PENTAGON, page 12



A bulldozer landscapes the area outside the Pentagon where the terrorist attack took place last Sept. 11. The area is designated as the location for a memorial to the victims of the attack.

Water restrictions tighten Phase Two in effect

Sheila Little
APG News

In the face of dwindling resources and little rain, Governor Parris Glendening announced tighter water restrictions for most of Maryland last week.

Central Maryland, which includes Harford County and Aberdeen Proving Ground, has entered Phase Two water restrictions. The yearlong drought has seen the water table drop more than a foot below normal.

While thanking the APG community for cooperating during Phase One restrictions, Mardi U. Mark, garrison and deputy installation commander said the installation continues to consider ways water can be conserved.

"Over the past seven months, APG has saved nearly 29 million gallons of water," Mark said. Pleased with the effort, she said that with more realizing the increased seriousness of the drought, "we will do even better." She added that voluntary water conservation efforts in August led to a post-wide savings of 7.14 percent. The installation deputy expressed confidence that, by working together, the garrison and installation residents and tenants will set the example for effective water conservation.

Mark pointed out that the U.S. Army Aberdeen Test Center turned to non-potable water to support testing, and added that ATC is not alone.

"The spirit of cooperation is alive and well on APG," she said. "I'm proud of what we're doing. We support our individual and overall missions, but do the best we can to take care of the environment as well."

(Editor's note: See related story on page 13.)

Maryland Phase Two drought restrictions

- Watering of lawns is prohibited.

Exceptions: For maintaining newly seeded or sodded areas, limited to three weeks, and maintaining athletic fields. Irrigation using wastewater or storm effluent is okay if used in designated areas according to permit.

- Use of sprinklers is prohibited. Residents may use hand-held hoses between 8 p.m. and 8 a.m.

Exceptions: Agricultural maintenance for food, fiber, livestock, poultry and nursery stock. Some arboretums and public gardens may be exempt.

- Golf course watering is prohibited.

Exceptions: Watering greens and tees with hand held devices between 8 p.m. and 8 a.m., or as part of a re-seeding, re-sodding program. Use of non-

potable water sources is encouraged.

- Washing paved surfaces is prohibited.

Exceptions: Preparation work for resealing or recoating streets and driveways, at a minimum rate for dust control on roads and for public health purposes in outdoor eating and drinking areas. Clay tennis courts may be watered to maintain, with hand held hose.

- Water for ornamental displays is prohibited.

No exceptions, including those that use recycled water.

- Private vehicle washing is prohibited.

Exceptions: Commercial car washes that recycle at least 45 percent of their water or reduce water consumption by 10 percent, cleaning emergency, construction or public transportation vehicles to maintain proper function or safety, and some car dealer exceptions.

- Filling and topping off swimming pools is prohibited.

Exceptions: Public or residential pools serving 25 or more units, health care facility pools, and filling following construction and repair of pools.

- Homeowner power washing is prohibited.

See WATER, page 13

SBCCOM displays acquisition, logistics excellence

Story and photos by
Yvonne Johnson
APG News

With the theme, "Army Transformation: Fighting the War on Terrorism through Acquisition, Logistics and Technology Solutions," the U.S. Army Soldier and Biological Chemical Command marked the sixth annual Acquisition and Logistics Excellence Week, AL&E, with

a day-long technology expo at the Edgewood Area Conference Center and Gunpowder Club, Aug. 21.

The event highlighted current strategies in acquisition, logistics and technology that impact the nation and the world through the Army Transformation and the war on terrorism.

James K. Warrington, director, U.S. Army Robert

Morris Acquisition Center, hosted the event that included discussions on initiatives and displays on innovations that give SBCCOM a prominent role in the mission of the U.S. Army Materiel Command.

Warrington introduced the 389th Army Band (AMC's Own) Brass Quintet, who performed a "Tribute to America" for command soldiers supporting Operation Enduring Freedom.

"This patriotic rendition is a special tribute to our soldiers for their many sacrifices and support to our command and to our nation," Warrington said.

The morning sessions included a discussion led by Michael A. Parker, SBCCOM deputy to the commander, on SBCCOM's role in the Army Transformation, and a presentation by Michael R. Sullivan, deputy program manager for the Pentagon Renovation Program, on improvements made to the organizational structure and acquisition approaches implemented since Sept. 11.

Other speakers included Lt. Col. Joe Moralez, chief, SBCCOM Operations Center, who spoke on current efforts encompassing Homeland Operations. Pat Kofalt, executive director, and Michael Ahearn, senior team leader,

Integrated Materiel Management Command, discussed maintaining readiness and implementing improvements while adhering to core logistics values during the era of transformation. Elaine Neary, field support engineer, Biological Integrated Detection System, Edgewood Chemical Biological Center delivered an overview of the challenges of contractor logistics support.

In addition, Warrington explained the RMAC's role in supporting the Army Contracting Agency and Transformation Installation Management and discussed recruiting, developing and retaining the acquisition work force.

The afternoon sessions moved to the Gunpowder Club where displays exhibited the various roles SBCCOM organizations play in acquisition and logistics.

Eric Sheppard and Mary Ann Ricketts, project engineers, Edgewood Chemical Biological Center, explained the Industrial Base Planning display as a method to assess the health of the industrial spectrum.

"We assess the status of manufacturers that seek to build our equipment and evaluate the risk to the Army

industrial base, before there is a problem," Sheppard said.

"The focus is on developing a proactive process, supporting the military in private industry endeavors, providing industrial solutions and ensuring items are supported by the industrial base," Ricketts added.

An industrial engineer with the ECBC Computer Aided Engineering team, Lester Strauch displayed the results of Rapid Design and Fabrication.

"We take a concept and make it a reality," Strauch said as he pointed out several innovations in chemical/biological collection and sampling, many of which were designed and built by ECBC engineers.

Notably, 95 percent of the BISKIT Collector or a mobile bio-sampling kit for field use in biological control, was designed and built within SBCCOM, Strauch said. He added that, for their efforts, the team won the AMC team of the year award, which will be presented during an award ceremony, Sept. 6.

Other displays included the Soldier Enhancement Program, explained by Stella Lee, ECBC program engineer; the Chemical/Biological Sampling Kit by Quicksilver

See AL&E, page 2



Telecommunications specialist Ty Bledsoe makes adjustments to the control panel of a deployable satellite system that was part of Chemical Biological Rapid Response Team display at the U.S. Army Soldier Biological and Chemical Command Acquisition and Logistics Excellence Day activities at the Gunpowder Club, Aug. 21.

APG - How is your Well-Being?

Linda Holloway
DCFA

Has anyone ever asked you about your living and working conditions? How about opportunities for social leisure programs and sports events? Through the Army's well-being initiative, everyone will have the chance to be heard.

About four months ago, Aberdeen Proving Ground was selected to take part in a pilot to test the effectiveness of Well-Being programs and evaluate their significance to Army readiness. The APG Well-Being lab will operate through May 2003.

Army Well-Being is the personal - physical, material, mental and spiritual - state of soldiers (to include active-duty and Army National Guard and Reserve soldiers), Army employees, veterans, retirees and their families that contributes to their preparedness to perform and support the Army mission.

The Army has developed a framework for Well-Being that incorporates the goals to live, to connect, and to grow.

The intent is to provide a competitive standard of living for all constituent groups (to live) to provide a unique culture, sense of community and a record of accomplishment that engenders intense pride and sense of belonging (to connect) and to provide an environment that allows us to enrich our personal lives by achieving our individual aspirations (to grow). These goals are further divided into 13 categories, with 50 functions that are linked to specific well-being initiatives and programs.

As one of five Army lab sites, APG is studying ways to improve customer service across a variety of these functional areas to include health care, lodging, civilian continuing education, legal services, transition and retirement, workplace maintenance, army community service, child development programs, community recreation, and sports and fitness.

APG is unique among the five Army lab sites due to its large civilian employee, Army National Guard and Reserve soldier, and retiree population.

Because of these demographics, the chief of the Army Well-Being team has asked us to give primary attention to the functions that pertain specifically to these constituent groups.

An action council, responsible for assessing well-being issues



and providing recommendations for change, was established in April. The council, known as the Dream Team, consists of members from each of our Well-Being service providers. It meets monthly.

The Dream Team meets twice each month and forwards its recommendations to Colonel Mardi U. Mark, deputy installation and APG Garrison commander, and to the APG Well-Being Executive Steering Committee for consideration.

The steering committee was established in August. Senior leadership of the Installation's Well-Being service providers and a representative from each of the seven well-being constituent groups makes up the committee which meets monthly.

"The work that is taking place at our lab site is very important as we are being provided the opportunity to help redefine installation management," Mark said.

Local best-business practices, lessons learned, and recommendations for improvement are shared with APG's counter-

parts at the other well-being lab-sites and are forwarded to the Army's well-being team chief.

The APG community and the Army Well-Being team will be provided regular status briefings. Specifically, information will be shared through articles in the *APG News*, through community councils and committees, at command staff meetings, on the installation's Web site and at APG quarterly town hall meetings.

The next town hall meeting will take place Sept. 10, 11:30 a.m. to 1 p.m., Edgewood Area Conference Center, building E-4810. For those unable to attend, the meeting will be broadcast on Channel 3, WAPG-TV.

"Since the inception of the laboratory site initiative, we are already beginning to see some positive results," said Bob Phillabaum, APG Well-Being Lab Site Coordinator. "A baseline survey of all constituent groups has been conducted and preliminary results will be made available within the next month."

Phillabaum said he contacted key representatives from each of the seven constituent groups, and "the soldiers, employees, family members, retirees, veterans, Army National Guard and Reserve soldiers with whom I have spoken are quite enthusiastic about this initiative. For many of these folks, this is the first time that anyone has asked them what programs and services are important to their well-being."

Phillabaum said he will conduct focus groups with all constituent groups beginning early this fall.

Resource Counsultants, Inc., the Army's well-being contractor, has made three visits to the APG lab site and has indicated that they are pleased with the enthusiasm expressed toward the well-being initiative at APG.

"APG has embraced the opportunity to assess well-being programs and services," said Keith Joseph, RCI, chief of the Army Well-Being Team. "I have every reason to believe that data provided by this lab site will contribute significantly toward developing a meaningful Army-wide standardized approach to well-being."

This fall, members of the APG community will be able to provide feedback regarding installation services and programs

See WELL, page 11

AL&E

From front page

Analytics, Inc. President Rodney D. Hudson; Acquisition Workforce, Polly Merlo and Chris Hignutt of the Acquisition Support Center, APG; U.S. Army Developmental Test Command, Diana Reeves; and a video presentation of the Contractor Performance Certification Program or CP2000 led by Ronald D. (Bud) Lilly, SBCCOM quality systems lead auditor.

William J. Drumgoole, communications officer, Chemical Biological Rapid Response Team, led an outdoor display of the deployable operations center complete with mobile video teleconferencing within a deployable response and graphic operations network, or DRAGON, and a deployable communication system satellite and vehicle. Set up on the lawn outside the club, the display resembled an emergency operations center in action.

"The unit, consisting of two teams of intelligence analysts and technicians, can be

deployed simultaneously, providing emergency management capabilities within the U.S., its territories and around the world," Drumgoole said.

Pam Serra, RMAC acquisition data management specialist, and a member of the planning committee said about 200 people turned out for the event.

"It was a great turnout, thanks to those who supported the event," Serra said, adding thanks to the U.S. Army Technical Escort Unit Family Readiness Group for providing lunches for attendees.

The money collected for the meals will go toward the purchase of a DVD player for deployed members of the unit," Serra said.

Members of the AL&E Day planning committee included Dennis Longo, Diane Schneider, Jackie Burke, Joan Hauser and Pam Serra, RMAC; and Jean Salvatore, Program Manager, NBC Defense Systems. Organizers thanked the SBCCOM Corporate Information Office Data Imaging Team; Mary Hepp, conference center administrator; and Darlene Gardner, support contractor, PRECIS Corporation, for their support.

APG News

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2002 SOLDIER SHOW COMES TO APG



Photo by DONNA COYNE

Aberdeen Proving Ground Morale, Welfare and Recreation will host three performances of the U.S. Army Soldier Show, a high-energy MTV-style 90-minute live musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army. The Nov. 1, 7 p.m. performance is for the general authorized public and the Nov. 2 performances at 2 and 7 p.m. are for active duty soldiers only.

Post Shorts

Anti-terrorism training for APG community

The Intelligence Division of the Directorate of Law Enforcement and Security, APG Garrison, will host level-one anti-terrorism training sessions.

APG employees (military, civilian and contractors) and family members 14 and older are invited.

The Intelligence Division urges everyone to attend one of the sessions at the Aberdeen Area Post Theatre, building 3245, 9 to 11:30 a.m. on Sept. 5.

The event caters to family members, installation work force, and contractor personnel who have not normally attended regular bi-monthly training in the course of their professional duties.

Presentation topics include history of terrorism, planning, surveillance techniques, individual defensive protective measures and hostage survival. Handouts on how to recognize package bombs, reporting suspicious activity and counter-elicitation, will be distributed.

This training meets the general requirement for individuals traveling outside the continental United States in the next year.

For more information, call the Intelligence Division at 410-278-3187 or fax 410-278-9729.

Sept. 9 radio shows tell story of Pentagon attack

“We Were on Duty,” a first-person oral history of the Sept. 11 attack on the Pentagon, will air on Sept. 9 on WAMU 88.5 (Washington), 2 and 8 p.m. and WYPR, Baltimore, at 8 p.m. This program tells the stories in the voices of the people who lived through the tragedy, overcame the aftermath and are moving on with their lives.

For more information, visit http://soundprint.org/radio/display_show/ID/1147.

Weight Watchers at Work information, sign-up meeting

Find out what the Weight Watchers at Work program is all about at an information and sign-up meeting on Sept. 11. The program offers professional leadership, group support and a safe weight control program. Meetings are held every Wednesday at noon in building 324, second floor conference room. To learn more about the Weight Watchers at Work Program, call 410-278-1151.

APG Commissary offers ‘Early Bird’ shopping

The APG Commissary opens at 8 a.m. on Tuesday, Wednesday, Thursday and Friday for ‘Early Bird’ shopping.

The commissary offers limited service for customers to purchase up to 20 items. The definition of limited service is items that are normally stocked on the shelf at night.

The commissary will still open at 10 a.m. for regular shopping. Store employees will be stocking the store in the morning for normal business, such as delivery personnel stocking the sodas and salty snacks; employees restocking the produce and meat departments and stockers stocking frozen and chilled products.

Lunchtime Violence Prevention classes

Paul Papp of the Work Assessment Team will hold Workplace Violence Prevention workshops in the Edgewood Area.

Classes will be held every Monday in building E-4430 in the conference room. Class dates are Sept. 9 and 16.

Topics include Introduction to Workplace Violence Prevention, Refining Your Communication Skills, Conflict Resolution, Managing Workplace Stress and Religious Tolerance in the Workplace. Bring a lunch and join in.

For more information, call

Pollution Prevention



Leave grass clippings on your lawn after mowing. The clippings hold in moisture, provide nutrients to the lawn, and don't add to the waste stream.

APG Pollution Prevention Program

Paul Papp at 410-306-1079 or e-mail him at Paul.Papp@usag.apg.army.mil.

Safe boating classes

The Bush River Power Squadron will hold safe boating courses, 7:30 p.m., Sept. 9, at C. Milton Wright High School and Sept. 17 at Joppatowne High School. Each course runs for nine weeks; registration is the first evening of class. For more information, call 410-515-0195, 410-378-3902 or 410-679-3951.

AAFES and commissary block sale

AAFES and the post Commissary will hold a block sale on Sept. 12, 13 and 14, at Springfield Street. Items will include electronics, furniture, artificial plants, beer, soda, a mattress sale, canned vegetables, paper goods, household cleaners/detergents, sodas, salty snacks, pet foods and candy. Quantities will be sold while supplies last. No rain checks.

Commemorative Prayer luncheon

The Aberdeen Area Post Chapel will hold a prayer luncheon on Sept. 12, 11:30 a.m., at Top of the Bay. Guest speaker will be Patty Shinseki, wife of Gen. Erik Shinseki, Chief of Staff, United States Army. Tickets cost \$5 each.

To purchase tickets, call the AA chapel, 410-278-4333, the Edgewood Area chapel, 410-436-4109, or the Garrison Command Office, 410-278-1511.

For more information, call the AA chapel, 410-278-4333

Scheduling the Army Band (AMC's Own)

To schedule the band for a performance, call 41-278-4380 and leave a message for Sgt. 1st Class Bryan Simpson, operations supervisor.

Health classes

The following classes will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic. For more information and to register for classes, call Preventive Medicine, 410-278-1964.

Tobacco cessation (day and evening): Classes are scheduled for four consecutive Tuesdays during the day, noon to 2 p.m., Nov. 5, 12, 19 and 26. Preregistration is required. All TRICARE PRIME beneficiaries are invited to attend.

Asthma education: Class is

scheduled noon to 2 p.m., Sept. 17, and includes an overview of asthma; triggers that may cause attacks or symptoms; preventing attacks; use of peak flow meter and MDI/spacer and developing a personal asthma action plan.

All TRICARE beneficiaries with a recent or long-term diagnosis of asthma and parent(s) or sponsor(s) of an asthmatic child are eligible to attend.

Healthy eating: Classes are scheduled noon to 2 p.m., Oct. 1, 8, 15, and 22. Discuss weight control through healthy eating. All TRICARE beneficiaries with a desire to learn more about healthy eating and parent(s) or sponsor(s) of children with healthy eating concerns are eligible to attend.

Bring a calculator to class.

APG HEP hosts Career Day Sept. 25

The Aberdeen Proving Ground Hispanic Employment Program Committee will host Career Day Sept. 25, 9 a.m. to 3 p.m., at the Four Points Sheraton Hotel, Aberdeen. The APG HEP is hosting Career Day to increase the representation of minorities within the workforce at APG.

In addition, the committee hopes to educate the local community about APG and installation-associated employers. Local businesses, as well as APG tenants, are invited to participate.

Organizations interested in participating in career day should call Joanne Holloway, 410-436-3628 or Cindy Sepulveda, 410-306-1780 by Aug. 30.

C&GSC offered in EA

In October, the 10th Battalion, 80th Training Division will conduct classes in Phase I and III of the Command and General Staff Officer's Course at the Edgewood Area of Aberdeen Proving Ground.

Attending class as opposed to taking a correspondence course offers many advantages including access to knowledgeable instructors, the opportunity

to learn from fellow students with expertise in a wide variety of backgrounds, and a structured environment best suited for completing the course on time.

Enrollment is open to active duty, Active Guard and Reserve, Army Reserve and National Guard officers in the rank of Capt. promotable and above.

If planning to attend, enroll in ATTRS as soon as possible to insure a slot is reserved. The ATTRS numbers are as follows:

Phase I

School: B701
Course: 701-1-250-C3 (New-IDT)(F)
Phase: 1
Class: 300

Phase III

School: B701
Course: 701-1-250-C3 (New-IDT)(F)
Phase: 3
Class: 301

For more information concerning Phase I, call Maj. Alice Roosa, 301-543-4879 (work), or 410-297-6972 (home) or e-mail her at alice.roosa@us.army.mil.

For more information concerning Phase III, call Lt. Col. Jan Kolakowski, 410-436-2755 (Work) or 410-836-6712 (Home), or e-mail him at jekolako@sbccom.apgea.army.mil.

Harford County, Jeff Smart

Database of scholarships

All personnel in the military community, including dependents, are encouraged to search MilitaryReport.com's Education Center scholarship database, which has a listing of \$300 million in scholarship funds.

In addition to the scholarship search available, the educational services provide comprehensive and updated information on educational benefits, such as the G.I. Bill, Veterans Educational Assistance Program and Survivors' and Dependents' Educational Assistance Program.

To access these education services, visit <http://www.military.com/Careers/Education/1,13289,,00.html?ESRC=mr.nl>.

Spouse club membership drive

The Aberdeen Proving Ground Military and Civilian Spouses' Club will hold member sign ups during September.

The MCSC is an organization for spouses or surviving

spouses, and members of the Armed Forces of the United States on active duty or retired, spouses or surviving spouses of Department of Defense civilians, and DoD civilians. The purpose is to provide a support system for MCSC members, develop leadership, create a sense of unity within the military community, broaden and enrich the lives of its members, and promote the relationship between the military as well as surrounding civilian communities.

The daytime sign-up will be Sept. 9, 9:30 to 11 a.m. at Ruggles Golf Course; evening sign-up will be Sept. 10, 7 to 8:30 p.m. at the Gunpowder Club.

For more information, contact Julie Koob at 410-297-6630 or fourkoobs@worldnet.att.net.

Consider a trip to MLK's home

The Black Employment Program Committee is in the process of planning a Dr. Martin Luther King Jr. program for January 2003. Tentatively, the program includes an educational tour of the King Center, Ebenezer Church, King's home, historical homes in the area and historical Black colleges in Atlanta, Ga., Jan. 17 to 20, which coincides with the MLK holiday. This event is open to Aberdeen/Edgewood federal employees and military personnel.

The committee is trying to keep the cost as low as possible. Participants would pay for transportation, hotel, meals and any other expense they incur.

The committee will make

arrangements and reservations for bus transportation. Participants will pay the committee for this transportation. Hotel arrangements will be made by the committee; however, hotel reservation and payment will be made by the participants.

More information will be provided once the amount of interest is determined.

To discuss details of the trip, call Penny White, black employment program manager, at 410-278-7074 or e-mail penny.white@usag.apg.army.mil.

Historical Lecture Series

The Historical Lecture Series, which is sponsored by the Aberdeen Historical Trust, will be held on the fourth Thursday of each month (except in November, which will be held on the third Thursday) from 7 to 8 p.m. at Aberdeen City Hall. Admission is free, and light refreshments will be available.

The following lectures are scheduled:

Sept. 26, History of APG, Jeff Smart

Dec. 12, Alfred D. Hilton and the Medal of Honor, Jim Crissmer

Jan. 23, History of Aberdeen, Charlotte Cronin
May 22, Civil War i

Toddler openings

Immediate openings exist for toddlers in need of child care on post. Meals are provided.

For more information, call Nikki Searle, family child care certified representative, 410-273-1620.

Safety & Health

WARNING: Ephedra may be hazardous to your health

Lt. Col. Deborah Simpson
CHPPM

Ephedra, also known as MA Huang, is a potentially deadly substance. A potent Chinese herb that can be found in hundreds of products that claim to promote weight loss and enhance performance, in its synthetic form, it is known as ephedrine.

Products containing ephedrine are becoming increasingly popular. Although there is no substantial evidence that this herb is safe or effective in promoting weight loss, an increasing number of individuals are using products containing it not only to lose weight, but to increase energy, control asthma symptoms, and even for sexual enhancement and euphoria.

Several case reports have documented adverse side effects from using ephedrine-containing products. These include dizziness, nervousness, insomnia, heart palpitations, increased risk of heat injury, depression, and increased blood pressure and heart rate. Caffeine, exercise, and dehydration intensify the symptoms. Prolonged use can lead to kidney stones, hepatitis, heart attack, stroke, convulsions, and death. More than 40 deaths and 800 adverse reactions have been documented.

Because use of ephedrine is



Soldiers should not assume that any dietary supplement, to include those containing ephedrine, is endorsed by the military because it is sold on the installation.

widespread in many products, it is important to read labels carefully before purchasing any dietary supplement. Inform your health care provider about dietary supplements and other products you may be taking that may cause side effects when taken with certain medications. For example, individuals taking monoamine oxidase, or MAO, inhibitors or medications containing ephedrine, pseu-

doephedrine or phenylpropanolamine (commonly found in cold, allergy and asthma medications) should avoid ephedrine alkaloids. Just because a product claims to be natural does not mean that it is safe. Manufacturers are not required to test for safety or effectiveness.

Soldiers should not assume that any dietary supplement, to include those containing ephedrine, is endorsed by the

military because it is sold on the installation. To ensure purchase of a quality product, look for products with the notation USP after each ingredient. This indicates that the manufacturer followed standards for quality, purity, and potency established by the U. S. Pharmacopoeia. Also, ensure that there is a lot number or expiration date on the label. Always read and adhere to dosage recommendations and all warnings on the label.

Soldiers who think they, or someone else have experienced adverse side effects after taking products containing ephedrine or other dietary supplements should report it to the U.S. Food and Drug Administration's MedWatch. Forms for reporting the incident are available at www.fda.gov/medwatch. Individuals can also call the FDA at 1-800-FDA-4010 to report such occurrences.

For more information on dietary supplements, there are several resources available to help. A list of several Web sites is provided below.

© <http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary.aspx>: The U.S. Army Center for Health Promotion and Preventive Medicine offers an extensive assortment of information on dietary supplements to include fact sheets, general and Internet resources, and professional presentations.

© <http://vm.cfsan.fda.gov/go/ProgramAreas>, then Dietary Supplements): The Center for Food Safety and Applied Nutrition offers a broad range of information, such as FDA guides to supplements and safety warnings about specific products.

A consumer information piece, "Tips for the Savvy Supplement User: Making Informed Decisions and Evaluating Information," has recently been added to this site. This educational tool was developed to help the consumer sort through the large amount of information on dietary supplements by providing basic points to consider, questions to ask health care professionals, and ways to check common assumptions.

© <http://vm.cfsan.fda.gov/~dms/aems.html>: If you have questions about a particular supplement, you may call the U.S. Food and Drug Administration toll-free number at 1-888-INFO-FDA.

©Special Nutritionals Adverse Event Monitoring System

This system will allow you to check out problems reported about specific products, manufacturers, and ingredients.

© <http://dietary-supplements.info.nih.gov/>: Part of the National Institutes of Health, Office of Dietary Supplements offers a full description of what dietary supplements are.

© http://www.nal.usda.gov/fnic/pubs_and_db.html: A Dietary Supplements Resource List is available from the Food and Nutrition Information Center, which contains sources of general information on the uses and risks of dietary supplements. Resources provided include books, magazines and newsletters, and Web sites. This information is not intended to be a substitute for professional medical advice.

The bottom line to remember is that taking dietary supplements can be dangerous and even deadly. The best way to ensure getting the nutrients the body needs for good health is to eat a nutritious diet and to engage in regular physical activity. There is no substitute for a healthy lifestyle.



MWR Expo, Sept. 19

To see what MWR has planned for the fall, stop by the EA Recreation Center, Sept. 19, 10 a.m. to 2 p.m. Health screenings, aerobic demonstrations, and MWR displays are just a few things that will be there. There will be give-aways and door prizes. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

Flag Football Tournament

A weekend tournament with some of your closest friends is

APG Youth Center Activities

Openings in Before or After School programs

Openings exist in the Before and/or After School Middle School Programs. Fees are charged for Before School only. To make an appointment to get a middle schooler into the program, call Child/Youth Services’ Central Registration Office at 410-278-7571.

New computer games in stock

XBox, Playstation 2, Gamecube....What do these things have in common? They are the latest, greatest video game systems, AND, they are all at the Aberdeen Youth Center. Six new game systems and 28 new game titles are now in stock. Register Middle Schoolers and Teens for \$15/year.

APG Youth School of Dance

Registration for ballet, jazz, and tap dance classes will be held through Friday, Sept. 6; evening registration will be held from 6 to 8 p.m. on Sept. 9 and Sept. 16, at Youth Services, building 2522. Registration is to be made by appointment only. Call Amie Przygoda, 410-278-7571, or e-mail at Amie.Przygoda@usag.apg.army.mil.

Class schedules are as follows:

On Wednesday, ballet and jazz classes will be held 4:30 to 5:30 p.m. for ages three and four; 5:30 to 6:30 p.m. for ages seven and eight; 6:30 to 7:30 p.m. for ages nine through 13; and 7:30 to 8:30 p.m. for ages 14 through 18.

On Thursday, ballet and jazz classes will be held 4:30 to 5:30 p.m., for ages five and six; tap classes will be held

5:30 to 6:30 p.m., for ages four through six; and 6:30 to 7:30 p.m., for ages seven through 10 years old. Point classes will be held for teens 7:30 to 8:30 p.m. (Teens must have ballet experience.)

Classes cost \$75 per discipline, with a 20 percent discount with each additional child; 10 percent discount off additional discipline.

NOTE: Each child must be a current Youth Center member.

School dance

Middle School and Teen Dance, Sept. 6, 8 to 11 p.m. Admission is \$4.

Professional D.J. Sir Knight will provide the latest music.

Open house

Visit the Open House and Block Party, Oct. 19, 3 to 6 p.m. Activities will be happening inside and out to include music, games, prizes and much more.

New hours of operation

The hours of operation have changed to meet the needs of the middle school and teen population. The Open Recreation Program operates Monday, 1 to 5:45 p.m.; Tuesday through Thursday, 1 to 8 p.m.; Friday, 1 to 9 p.m. (middle school) and 1 to 10 p.m. (high school); and Saturday, 3 to 9 p.m. (middle school) and 3 to 10 p.m. (high school). Special note - after 5:45 p.m. and Saturday is middle school and teen only (with the exception of advertised special events).

For more information, call the Aberdeen Youth Services at 410-278-4995, e-mail Norma.Warwick@usag.apg.army.mil or visit building 2522.

planned for Sept. 14 and 15, starting at 9 a.m. at Shine Sports Field. USFTL rules will be followed. Registration is \$150 per team and must be paid by Sept. 7 at the APG Athletic Center. For more information, call Stacie Edie at 410-278-3931 or e-mail stacie.edie@usag.apg.army.mil.

Orioles vs. NY Yankees

Come join other baseball fans on Sept. 28 at Camden Yards built and watch the Orioles face off against the NY Yankees. Tickets must be purchased by Sept. 13 from the Information, Ticketing and Registration office. For more information, call Stacie Edie at 410-278-3931 or e-mail stacie.edie@usag.apg.army.mil.

Bass Guitar

Learn basic music reading, and riffs on the electric bass and tablature, Sept. 23 to Dec.9, 6:30 to 7:30 p.m. in building 2184. Cost is \$45. Register by Sept.13 at the AA Recreation Center. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil. Participants must be at least 17 to attend.

Urban Line Dancing

Classes to learn the basic moves, styles, and rhythm of urban-line dancing will be held Sept.12 to Oct. 31, 7:15 to 8:15 p.m. at the AA Recreation Center. Some of the dances that will be taught include the N.J. hustle, cow funk, and the electric slide. Register at the AA Recreation Center by Aug. 30. Cost is \$45. For more information, contact Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.



Ballroom Dance Basics

Treat yourself to fun and relaxation learning or brushing up on your ballroom dance skills, Sept. 12 to Oct. 31, 6 to 7 p.m. at the AA Recreation Center. Dances include the waltz, fox-trot, swing, and rumba. Register at the AA Recreation Center. Cost is \$45. For more information, contact Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

3rd Friday party

Dance the night away to favorite tunes and enjoy the “mystery” entertainment Sept. 20 in the AA Recreation Center from 9:30 p.m. to 1:30 a.m. Open to permanent party military only. Tickets can be purchased at the AA Recreation Center, building 3326, and are \$5 in advance and \$7 at the door. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

Remembering Harford veterans

Two veterans lost

Yvonne Johnson
APG News

Harford County lost two prized veterans in the past month. Arnett C. Powers Jr., 80, died of congestive heart failure at his Bel Air home, July 31, and Otis “Red” Redmond, 85, of Aberdeen died Aug. 11 of injuries received in a traffic accident.

Arnett C. Powers

Powers, a veteran of the Battle of the Bulge, served in Korea after the Korean War and went on to retire in 1968 at the rank of major. Well known in the veteran community, Powers could always be found at parades and other veteran related gatherings.

He served as vice chairman of the Harford County Commission on Veterans Affairs for the past eight years and was the state’s second-highest VFW official, serving as state adjutant from 1985 to 1989.

Services were held at the Bel Air Memorial Gardens

Mausoleum Chapel, Aug. 3.

Otis Redmond

Redmond, a retired Army master sergeant and a veteran of World War II, Korea and Vietnam appeared in the *APG News* Korean War veteran series. He was named one of Harford County’s Most Beautiful People in 2001 in part because of his devotion to the children of Harford County.

Redmond was well known for his large collection of stuffed animals, which he donated each year to the sheriff’s office, local churches and the Anna’s House charity, and for being an active supporter of the Boy Scouts.

He was a member and past post commander of American Legion Post 17 in Edgewood and a life member of Veterans of Foreign Wars Post 10028.

Internment was held in Highview Memorial Gardens in Fallston, Aug. 15.



Arnett C. Powers



Otis “Red” Redmond.



Korea 50 years ago



50 years ago, August 1952

Typhoon slows fighting in Korea

Ground fighting was virtually brought to a halt Aug. 18 and 19 as a typhoon swept across South Korea 50 years ago this week.

Aug. 15 to 21 — There is again no progress in truce talks at Panmunjom. Both sides return to the conference table Aug. 19 and another seven-day recess is declared by the United Nations. On Aug. 15, the North Korean truce delegation informs its U.N. counterparts that new POW camps are now located at Yul, Jaedong and Anju, all within 40 miles of Pyongyang.

In a radio broadcast, Premier Kim Il Sung said he was willing to call the war a draw and accept an armistice where “Americans are not the winners and the Koreans the losers.” A State Department spokesman urges Kim to “speak up” through the armistice talks if he had new “specific proposals” for a truce.

Aug. 18 to 19 — Ground fighting is brought to a halt by a typhoon that sweeps across south and south-central Korea. On Aug. 18, 30 soldiers of the 45th Infantry Division are drowned in floods caused by the storm.

However, U.N. aircraft continue to pound enemy military targets. An undisclosed number of B-29s hit a munitions plant three miles south of Manchuria. The B-29s return to bomb supply and troop areas in Pyongyang on the night of Aug. 21 while other aircraft bomb a cement plant at Osu, 35 miles above the 38th Parallel.

Aug. 21 — Gen. James A. Van Fleet, Eighth Army commander, vows that “never again” will the city be occupied by enemy forces, in Seoul, at a ceremony to begin rebuilding the shattered city. A new 3,600-man Turkish brigade lands in Pusan Aug. 21. It will replace Turkey’s tough

North Star Brigade on the front lines.

Aug. 15 — Syngman Rhee is inaugurated for a second term as South Korea’s president.

Aug. 18 — The FBI reports that it has arrested 5,000 draft dodgers a year since the Selective Service Law was enacted four years ago. Only 590 have received jail sentences, averaging a little more than two years.

Aug. 20 — A Department of Defense spokesman reports that American units have suffered 115,373 casualties in Korea, among them 20,286 dead.

Truman presents the Medal of Honor to Marine Maj. William E. Barber of West Liberal, Ky. Despite a leg wound, Barber guarded a mountain pass through which Marines escaped during the Chosin Reservoir retreat November through December 1950.

Aug. 22-28 — More rioting by communist prisoners of war resulted in crack-downs that left four POWs dead and 64 wounded, 50 years ago this week in Korea.

Aug. 22, 1952 — The United States announces it is paying South Korea the second installment since May of \$35 million for costs of maintaining American troops in the country.

Aug. 23 — A Far East Air Force spokesman reports so far in the month that 26 MiGs were downed, a record for any month of the war. Another two were “probable” and 29 were damaged. One F-86 Supersabre was downed in a dogfight.

Aug. 23-28 — The Korean rainy season holds down ground fighting throughout Korea.

Bad weather interferes with U.N. air operations over Korea, as well, but U.S. bombers hit the port of Chinnampo Aug. 23; a supply center at Anju Aug. 24; sup-

ply depots near Pyongyang and Pukchong Aug. 26; the Changjin Reservoir power plant Aug. 27; and supply routes around Pyongyang Aug. 28.

On Aug. 24, the communists begin constructing a permanent building to replace the meeting tent at Panmunjom to house the truce talks. The next day, the U.N. camp near Panmunjom is washed away by a flash flood on the Sanchon River.

Truce talks remain in recess, but the two team chiefs, Maj. Gen. William K. Harrison and Lt. Gen. Nam Il, meet briefly Aug. 27. Nam complains to Harrison about the “repeated slaughter” of Red prisoners in the U.N. POW camp on Koje Island.

The camps on Koje Island have stayed out of the headlines recently, but on Aug. 26 an Eighth Army spokesman reports that 30 communist prisoners are wounded when guards used riot guns and tear gas to break up a demonstration in one of the 500-man compounds.

On Aug. 27, a spokesman reports that during August four POWs were killed and 64 wounded as guards broke up 11 different outbreaks in the compounds. Officials said the prisoners had “tried out the nerves of U.N. personnel,” and that “maximum force” was used to stop the riots.

Aug. 27 — U.S. casualties in Korea have climbed to 116,252, including 20,241 dead through Aug. 22, a Pentagon spokesman reports.

A summary of aircraft losses for the war reports 644 enemy planes destroyed, another 144 probably destroyed and 1,449 damaged. U.N. aircraft losses total 1,572 planes — 819 are Air Force, 613 Navy and 65 Marines. Another 65 from other countries were also destroyed.



Photo courtesy of SGT. 1ST CLASS BRIAN MAINOR
APG Drill Sergeant of the Year, Sgt. 1st Class Brian Mainor, Company C, 16th Ordnance Battalion, leads soldiers in a unit march, one of the many duties of an Army drill sergeant.

Visit the
APG News
re-designed
Web site at
**www.apgnews.apg.
army.mil**

APG Drill Sergeant of the Year participates in Army competition

Yvonne Johnson
APG News

An Aberdeen Proving Ground drill sergeant was one of 20 competitors Army-wide who were invited to the annual Drill Sergeant of the Year competition held at Fort Monroe, Va., June 17 to 21.

APG’s drill sergeant of the year, Sgt. 1st Class Brian Mainor, Company C, 16th Ordnance Battalion, participated in the four-day event that tests the mettle of the Army’s top active-duty and reserve drill sergeants.

Mainor said he was proud to represent the installation and the U.S. Army Ordnance Center and Schools.

“It was the utmost profes-

sional environment,” Mainor said of the competition. “I was honored to spend a week with the best drill sergeants in the Army.”

The first two days were the hard part, he said. First, participants had to take and pass a physical training test. Then

See MAINOR, page 13

Community Notes

**FRIDAY
SEPTEMBER 6
COUNTRY HOE DOWN**

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is from 7:30 to 11:30 p.m. Everyone is welcome. Cost of admission is \$8. For more information, call 410-272-8318.

**SATURDAY
SEPTEMBER 7
CWF SPONSORS HOT AIR BALLOON RIDES**

The Civilian Welfare Fund is sponsoring a trip to fly in a hot air balloon for \$199 per person, which includes charter bus transportation to Lancaster, Pa., and a one-hour flight that begins at 6 p.m. Seats will be reserved on a first-come, first-served basis. A \$50 deposit per person is required. For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

WACVA CHAPTER #70 MONTHLY MEETING

The Women's Army Corps Veterans Association Maryland Free State Chapter #70 will meet 11 a.m. at the Aberdeen Senior Citizen Center. All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard and Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard. For more information about the association, contact Sheila Smith, 410-273-1687 or visit Web sites www.wacva.com or www.armywomen.org.

**SUNDAY
SEPTEMBER 8
VACATION BIBLE SCHOOL GRADUATION**

The Christian Religious Education Department of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will present Vacation Bible School certificates to students and staff members who participated in the program at 9:15 a.m. Registration for Church School will take place after the ceremony. There will be special acknowledgment of grandparents in attendance. All are invited to attend. For information, call 410-939-2267.

SEPTEMBER 8
UNITARIAN UNIVERSALIST FELLOWSHIP
Unitarian Universalist Fellowship of Harford County, 2515 Churchville Road in Churchville, will begin its new church year with services at 10 a.m. Religious education classes for grades K through 12 are held during services and will resume on Sept. 8. Pre-K child care will be provided. For more information, call 410-734-7122 or visit www.uufhc.net.

**SUNDAYS
SEPTEMBER 8 THRU DECEMBER 1
NEWCOMERS CLASS**

Mountain Christian Church, 1824 Mountain Road, Joppa, invites women who have relocated to the community to join a small group designed to take women through the process of letting go, starting over and moving ahead with their lives after the transition of a move. N.E.W. (Newcomers Enfolding Welcoming) Ministries is a biblical and practical small group 13-week "Moving On After Moving In" class, 4 to 5:30 p.m. (without childcare) or 6 to 7:30 p.m. (with childcare.) Childcare is included in conjunction with Kids Club. The cost of the class is \$25. Women may join at anytime. For more information or to register, call 410-877-1824.

**UESDAY
SEPTEMBER 10
SEPTEMBER 11 COMMEMORATION**

Unitarian Universalist Fellowship of Harford County will hold a vespers service to commemorate the anniversary of Sept. 11, 2001, at 7 p.m. An informal reception will follow the service. UUFHC is located at 2515 Churchville Road in Churchville. For more information, call 410-734-7122 or visit www.uufhc.net.

**WEDNESDAY
SEPTEMBER 11
DAV BEL AIR CHAPTER 30 MEETING**

The Disabled American Veterans Bel Air Chapter 30 resumes its monthly meeting at 7 p.m., the second Wednesday of each month, at the VFW Hall, 303 S. Atwood Road. For more information or for transportation, call 410-838-8325 or 410-879-0861.

**THURSDAY
SEPTEMBER 12
COMMEMORATIVE PRAYER LUNCHEON**

The Aberdeen Area Post Chapel will hold a prayer luncheon, 11:30 a.m., at Top of the Bay. Guest speaker will be Patty Shinseki, wife of Gen. Eric K. Shinseki, Army Chief of Staff, United States Army. Tickets cost \$5 each. To purchase tickets, call the AA chapel, 410-278-4333, the Edgewood Area chapel, 410-436-4109, or the Garrison Command Office, 410-278-1511. For more information, call the AA chapel, 410-278-4333.

WACVA BEACON 114T MONTHLY MEETING

The Women's Army Corps Veterans Association Chesapeake Beacon Chapter 114T will meet 7 p.m., 449 W. Bel Air Avenue, Aberdeen. All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard or Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard. For more information about the association, contact Wanda Story, 410-272-5040 or visit Web sites www.wacva.com or www.armywomen.org.

**FRIDAY THRU SUNDAY
SEPTEMBER 13 TO 15
BATTLE OF ANTIENTAM 140TH ANNIVERSARY REENACTMENT**

More than 10,000 Civil War re-enactors will stage the battles of Fox's Gap (South Mountain military engagement

prior to the Battle at Antietam), Bloody Lane, the Cornfield and A.P. Hill's Attack Against Burnside, at the Artz Farm/Allegheny Energy property near Hagerstown. Activities begin at 8 a.m. on Friday and continue through 5 p.m. on Sunday. Visitors may view artillery, infantry and cavalry demonstrations, and participate in workshops with topics such as "Women's Roles During the Civil War," "Food of 1862," "A Gentleman's Closet - What Men Wore," and "Civilians During the Antietam Campaign." Other activities include a children's area, a candlelight tour, an 1860s church service, a sutler's area and a dance featuring the "Libby Prison Minstrels." For more information, visit www.antietamreenactment.org. Ticket prices are listed for each day or for the weekend. To order tickets, call 1-888-248-45497, or if visiting the Hagerstown area prior to that weekend, tickets can be picked up at the Hagerstown/Washington County Visitors Center located at the Elizabeth Hager Center, 16 Public Square, Hagerstown, or call 301-791-3246. (Editor's note: Morale, Welfare and Recreation is hosting a Sept 14. bus trip to this event for \$50, which includes bus transportation and admission. For more information, call Earlene Allen, 410-278-3854.)

**SATURDAY
SEPTEMBER 14
BASKET BINGO**

Basket Bingo to benefit Good Shepherd Catholic School will be held at the Good Shepherd School, 810 Aiken Ave., Perryville, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5. For tickets, call the school, 410-642-6265, or Brenda Conjour, 410-273-7332.

OPEN DOORS FLEA MARKET

Open Doors Career Center, Inc. will host a flea market, 7 a.m. to noon in the parking lot of the Thomas Hays building at 120 S. Hays Street, Bel Air. Spots are available for vendors at a cost of \$25 for a single spot and \$35 for a double spot. To reserve a spot, send check made payable to Open Doors to: Open Doors, 1250 Brass Mill Road, Ste 5, Belcamp, MD 21017. For more information, call 410-297-6590, ext. 15.

**MONDAY THROUGH WEDNESDAY
SEPTEMBER 16 to 18
HOME OWNERSHIP SEMINAR**

Home Partnership, Inc., a non-profit agency will offer a three-part seminar on "How to Own Your Own Home" Sept. 16 through 18, 6:30 to 8:30 p.m. The Health Community Center of Edgewood, 1837 Pulaski Highway, Edgewood, will host this class at their facility. For more information and to register, call Gerrie Reeder, housing counselor, 410-297-6700.

**TUESDAY
SEPTEMBER 17
HISPANIC SPECIALTY MEAL**

The annual Hispanic Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine. The standard meal rate of \$3.20 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guest. The discount meal rate of \$2.65 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal. Hispanic specialty month menu: Spanish style barbecue pork, enchiladas, Mexican chicken, hard & soft shell tacos, beef & chicken fajitas, shrimp fajitas, burritos, chili, Spanish rice, steamed rice, Mexican corn, refried beans, black beans, Mexican corn bread, assorted breads, assorted pastries, soft serve ice cream, coffee, tea, milk and soda. Note: Menu subject to change without prior notification. For more information, call Edward Parylo, or Joyce Thane at 410-306-1399/1393/1398.

**FRIDAY
SEPTEMBER 20
HEROIN ALERT PROGRAM**

The Youth Ministry of St. Paul's Evangelical Lutheran Church Of Aberdeen, 201 Mt. Royal Ave. and Rte. 22, is sponsoring the Harford County Sheriff's Office presentation, "Not My Child—Heroin Alert" at 7 p.m. Geared towards youths ages 12 and older, their parents, friends and caring adults in the community, the program will be presented in the sanctuary. The event is free. "Say No to Drugs!" and "McGruff's Drug I.D." guides will be available while supplies last. Refreshments will follow the presentation. For more information, call Eva Fuentes, 410-272-3111 or e-mail her at fuentes@stpaulselc.org.

**SATURDAY
SEPTEMBER 21
CWF HOSTS BROADWAY SHOW TRIP**

The Civilian Welfare Fund is sponsoring a trip to see "Phantom of the Opera" on Broadway. The \$99 price per person includes charter bus transportation and a ticket to the show. Bus will depart the Aberdeen Area at 6 a.m., and return to Aberdeen at approximately 11 p.m. There will be time for shopping and lunch before the show. For reservations or more information, call Angela Keithley or Jacqueline McKeever, at 410-278-4603/4771.

**SUNDAY
SEPTEMBER 22
VINTAGE BRIDAL FASHION SHOW AND TEA**

The Bel Air Cultural Arts Commission will sponsor a Vintage Bridal Fashion Show and Tea at 1 p.m. at Rockfield Manor, Churchville Road, Bel Air. Cost of admission is \$20. Seating is limited. For more information or to make reservations, call 410-838-2985.

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50
Building 3245 Aberdeen Boulevard

ROAD TO PERDITION

**Friday, Sept. 6, 7 p.m.
Saturday, Sept. 7, 9 p.m.**

Starring: Tom Hanks, Paul Newman



Mike Sullivan (Tom Hanks) works as a hit man for crime boss John Rooney (Paul Newman). Sullivan views Rooney as a father figure. However, after Sullivan's son is witness to a killing he has done, Mike Sullivan finds him self on the run trying to save the life of his son and at the same time looking for revenge on those who wronged him. Jude Law costars as a hit man hired to kill Sullivan. (Rated R)

THE COUNTRY BEARS (FREE ADMISSION)

Saturday, Sept. 7, 1 p.m.
Starring: Haley Joel Osment, Christopher Walken



Beary is a 10-year old cub that is raised by a human family, unaware that he is adopted until his jealous brother tells him. When Beary leaves home to find out where he belongs, he's led to the Country Bear Hall in Tennessee and befriends the now defunct band, the Country Bears. The once successful and highly influential 1970's band, reunites for a benefit concert. (RaTed G)



STUART LITTLE 2

Saturday, Sept. 7, 7 p.m.

Starring: Geena Davis, Hugh Laurie

Round two of the life of mouse Stuart Little. The sequel focuses on family, love and freedom. Stuart isn't the baby anymore. (Rated PG)

LIBRARY BOOK CORNER

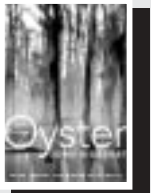
The APG Garrison Library has the following books for your reading pleasure:

Knight Life by Peter David.
The Once and Future King is back and running for mayor - of New York. Arthur promised he would return when there was great need, and so he has, and Merlin with him.



A Summer to Remember
by Mary Balogh

Oyster by John Biguenet



Standing in the Rainbow
by Fannie Flagg

The Heaven of Mercury by Brad Watson



Hominids by Robert Sawyer

The Death Artist by Jonathan Santlofer



To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-4991.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m. The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

APG SCHOOL LIASON UPDATE

HOMEWORK ON-LINE

A new, on-line interactive homework Web site resource is now available at Web site www.school-notes.com.

Teachers can create notes for homework and class information and post them on the Web in seconds using this free community service. Parents and students can view notes from teachers by entering the school's zip code. This is a great way for teachers, parents and students to keep in touch and enhance the learning process.

EDGEWOOD ELEMENTARY SCHOOL PTA

Supporting the local PTA can enhance a child's education. For more information concerning the PTA at Edgewood Elementary, call Mary Logan, PTA president, 410-612-0812, or e-mail mary.logan@comcast.net.

September events at Edgewood Elementary include:

Sept. 26, 7 p.m.: "Back to School Night"

Sept. 27, 2 p.m.: Harford County Public School System-Aberdeen Proving Ground signing ceremony: "Secondary Education Transition Study 'Memorandum of Agreement.'"
Sept. 30: Book Fair begins

PAYING FOR COLLEGE

A college education is one of the biggest purchases ever made. To help plan and find the resources to help in this decision, visit Web site www.college-board.com. Information is available on such topics as '529 Saving Plans', finding scholarships and financial aid, how to apply for a scholarship, and 2001-2002 college costs, just to mention a few. For more information, contact Ivan Mehosky at 410-278-2857.

Is HIV/AIDS still a problem?

Lt. Col. Gemryl L. Samuels
CHPPM

More than 600,000 cases of AIDS have been reported in the United States since 1981, and worldwide more than 36 million adults and children are now living with HIV/AIDS. The impact of the AIDS epidemic is greatest in sub-Saharan Africa where AIDS has become a crisis with enormous social and economic consequences.

However, the largest increase in HIV/AIDS has been in the Russian Federation. In the year 2000, more new HIV infections were recorded there than in all previous years of the epidemic combined.

In developed countries, such as the United States, the news is less grim. Yet the disease is far from over. The U.S. Centers for Disease Control and Prevention, estimates that approximately 40,000 people per year in the United

States continue to become infected with HIV, the virus that causes AIDS. This number has remained relatively stable – but unacceptably high – for much of the past decade.

This global epidemic is growing most rapidly among minority populations and is a leading killer of African-American males. According to the CDC, the prevalence of AIDS is six times higher in African-Americans and three times higher among Hispanics than among whites.

However, AIDS crosses all cultures, national borders, and religions. Anyone of any age, race, sex, or sexual orientation can be infected. AIDS does not discriminate. Sadly, almost everyone has been or will be touched in some way by HIV/AIDS.

Individuals at greater risk:

- Have unprotected sex with multiple partners, whether heterosexual, homosexual, or bisexual. Unprotected sex means having sex without using a new latex or polyurethane con-

dom every time.

- Have unprotected sex with someone who is HIV positive.
- Have another sexually transmitted disease, such as syphilis, herpes, chlamydia, gonorrhea, or bacterial vaginosis, or.
- Share needles during intravenous drug use.

Newborns or nursing infants whose mothers have tested positive for HIV also are at high risk.

Anyone who thinks they have been infected with HIV, or are at risk for contracting the virus, should seek medical counseling as soon as possible. Tests are available that can determine the status.

Thinking about being tested for HIV infection is frightening for most people. However, testing does not make the individual HIV-positive or HIV-negative. Testing is important for the individual's health and to prevent transmission of the virus to others.

Currently, an estimated 900,000 Americans are living with HIV/AIDS. This is partly the result of improved treatment.

Since 1995, the number of medications available to treat HIV/AIDS has more than tripled. Powerful combinations of newer drugs have helped reduce serious complications of the disease and have prolonged life. None of these drugs cure AIDS and many have side effects that can be quite severe. In addition, the treatment is often as much as \$1,000 a month.

The positive news about treatment means that there is a growing complacency about HIV/AIDS. Unfortunately, high-risk behaviors are increasing in some communities.

Do not become complacent. HIV/AIDS is a chronic life-threatening illness for which there is no vaccine and no cure. The only way to stay healthy is to protect yourself and others from infection.

APG continues to support veterans despite personnel shortage

Dave Burdick
Adjutant

For a number of years, the Aberdeen Proving Ground Garrison Military Personnel Division, Adjutant Office, has enjoyed a working partnership with the U.S. Department of Veterans Affairs. Under this partnership, a VA representative from the Baltimore VA was on-site at the MPD an average of five days a month to provide benefit counseling and assistance to active duty and reserve component soldiers, retirees, and honorably discharged veterans of our Armed Forces.

Due to the unforeseen loss of two counselors at the Baltimore VA office, the level of support cannot be sustained. Effective immediately, the following support levels and procedures are in effect.

Personnel desiring to schedule an appointment with a VA representative should contact the Transition Center staff, Military Personnel Division, by telephone or e-mail as listed below. A customer phone number or e-mail address must be provided if an appointment must be changed.

Drew Nobles, 410-306-2327, e-mail drew.nobles@usag.apg.army.mil
Betty Willard, 410-236-2322, e-mail betty.willard@usag.apg.army.mil
Christopher Stewart, 410-306-2323, e-mail

christopher.stewart@usag.apg.army.mil

The Transition Center will coordinate appointments with the Baltimore VA office two working days prior to the next scheduled visit. The purpose of this coordination is to ensure sufficient appointments exist for that day to warrant sending one or more representatives. If insufficient appointments have been scheduled, customers will be rescheduled to the next available date and notified of the change.

Available dates through December are:

Sept. 9, 9 a.m. to 3 p.m.
Sept. 26, 9 a.m. to 12:30 p.m. (afternoon for Transition Assistance Program presentation)
Oct. 14, 9 a.m. to 4 p.m.
Oct. 31, 9 a.m. to 12:30 p.m. (afternoon for TAP presentation)
Nov. 21, 9 a.m. to 12:30 p.m. (afternoon for TAP presentation)
Dec. 2 and 16, 9 a.m. to 4 p.m. (no TAP in December)

This new procedure will be monitored closely to ensure soldiers continue to receive quality and timely assistance.

An initiative is under review to add this scheduling capability to the Web site similar to that provided for TAP registration. An update will be provided when this service is available. For more information, call 410-306-2301.

Pentagon

From front page

Rachel Decker, a communications specialist with the Pentagon Renovation Program. "It was really the closest the workers and management could get to fighting the war on terrorism."

Less than a month after the attacks, Hensel Phelps Construction Co. of Chantilly, Va., was again awarded the contract for the Pentagon construction, this time not to renovate, but to rebuild what its workers had barely finished renovating.

The rebuilding goal has become known as the Phoenix Project, symbolic of the mythical bird that was reborn from the ashes of its own immolation. The name seems to have come from the workers, said Decker, but added, "No one really knows for sure."

The Phoenix Project crew borrowed the words "Let's Roll" for their motto. The words were used by Todd Beamer as he and fellow passengers moved to stop the terrorists on Flight 93 from carrying out their terrorist mission.

The second renovation used the aftermath of

the attacks to improve the building's design. Using information gathered through interviewing survivors, the new project has a host of improvements over the first renovation, said Brett Eaton, a renovation project manager.

There is now a redundant water supply system to help ensure water will reach in an emergency. Interviewed survivors said that exit signs were not visible because of the thick smoke. Now, photoluminescent exit signs are located along the base of doorways so that in an emergency, personnel can see them if they are crawling under the smoke. Also, intermediate corridors have been added to allow for more pathways of escape during an emergency, Eaton said.

The new design concepts will also be incorporated into the rest of the original ten-year Pentagon Renovation Project, said Jean Barnak, Wedge 1 deputy project manager. The sections of the Pentagon are referred to as wedges, of which there are five.

At the time of the attacks, the Pentagon was three years into a multi-billion dollar renovation of the 1940's era complex. Much of the section of the building attacked was empty at the time, as it was the first to be renovated. Still, 183

Thank a service member

Enter the 'Letters to the Front' writing contest

Marguerite Towson
APG News

The Defense Commissary Agency and General Mills is sponsoring the Letters to the Front writing contest. Now in its fourth year, the contest has generated thousands of letters of support for American troops stationed in remote areas such as Afghanistan, Kosovo, Bosnia, Macedonia, and the Demilitarized Zone.

The worldwide contest began on Labor Day, Sept. 2, and will continue through Veterans' Day, Nov. 11.

Local and regional winners are automatically entered into competition for the grand prizes. Children under 18 can receive a \$3,000 scholarship award, and the 19-and-over grand prizewinner receives a computer system valued at over \$3,000.

Each letter must be between 100 to 200 words and should begin, "Dear Service Member, I just want to say thanks for..." Entry forms are available at the commissary, or downloaded

from the Web site: <http://www.letters-from-thefront.com>.

The letter, attached to an entry form, should be mailed to: Letters To The Front, P.O. Box 25348, Alexandria, VA 22313, and must be postmarked no later than Nov. 11.

All qualified entry letters will be shipped to U.S. troops stationed overseas.

The contest was first sponsored in 1999, inspired by Marsha Roberts, producer of "Letters From The Front WWII," now in its 11th anniversary tour.

APG will be host to two free performances of "Letters From The Front WWII" in October. The first performance will be open to the general public on Thursday, Oct. 3, 5 p.m. The next performance will be held at 7 p.m. on Friday, Oct. 4, and will be open for active duty military only.

For more information, call Earlene Allen, 410-278-3854, or visit www.letters-from-the-front.com.

Well

From page 11

through a virtual comment card.

A DOD sponsored interactive customer evaluation (ICE), will be made available for more than 90 APG well-being services.

This system of on-line comment cards will be used at activities to include the Kirk U.S. Army Health Clinic; the Morale, Welfare, and Recreation activities; the Civilian Personnel Advisory Center; the Directorate for Resource Management; the Directorate for Safety, Health, and Environment; post housing; civilian welfare fund and post restaurant fund activities.

Additional activities will be included at a later date.

Training for service providers will be provided during the month of September.

Additional information will be provided to the community at the Sept. 10 town hall meeting.

Americans died there, including 59 plane passengers. While much lower than the number of World Trade Center victims, it exceeds the number killed in the federal building attack in Oklahoma City, previously the worst act of terrorism on United States soil.

The pristine outer walls of the new wedge come from the same Indiana limestone quarry and were cut by Bybee Stone Co., the same company that supplied the original facade in 1941. Bybee also used the same vintage equipment used to cut the original masonry in order to get the texture just right, since newer equipment gives a much more polished look, said Eaton.

One of the stone slabs is etched with the following words from the President:

"Terrorist attacks can shake the foundations of our biggest buildings but they cannot touch the foundation of America." — September 11, 2001

Bybee workers also signed the stone. It complements another stone, also etched with the date September 11, 2001. This stone was set in a ceremony June 11, and a commemorative time capsule was placed behind it. The stone is not newly cut, but rather, it is one of the origi-

nal stones, purposely left charred on its exterior.

Working 24-hours-a-day with a peak of over 1000 workers, the plans to get the Pentagon back on track to meet its original renovation timeline are being met, according to project managers.

"They set us back some, but not significantly. We were able to restore the section in one year that took us three years to complete, Decker said. "It was a combination of factors - the worker motivation, and management."

The goal of rebuilding within a year was thought too ambitious by some, but even that goal was exceeded by a month, said Deputy Project Manager Michael Sullivan, on the Pentagon Renovation Program Web site. More than 3,000 of the original 4,600 displaced have moved back in, Decker said.

When the Pentagon community assembles this Sept. 11, it will not only mark the one year remembrance of members lost, but it will also see that America not only rebuilds quickly, it rebuilds even better than before.

(Editor's note: Staff Sgt. Nate Orme is a reservists assigned to the 214th Mobil Public Affairs Detachment.)

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Beginning immediately, the new forms to use for the Voluntary Leave Program are OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and

OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program need to contact Dave Mial, 410-278-1524, so that they can complete a termination form.

Mary A Banaszak
Fay Walker Banker (hip replacement)
Marian Bellis (fracture of left tibia)
Gretchen E. Blethen
Janet H. Brezinski (surgery)
Bonnie Bromley (liver transplant)
Daniel Brown (father has emphysema)
Tammy Budkey
Jane E. Calahan (surgery)
Nancy Coleman-Jones (surgery)
Tracy H Coliano-Hirsch (maternity)
Geraldine S. Cragg
Dawn M. Crouse (surgery)

Rene de Pontbriand
Tricia Lin Dietz
Fred Dill
Joseph R. Dugan
Messina Enderlein
Wayne Erb (wife is ill)
Patty Gibson
Joyce C Green
Edgar W. Greer
Gerald P. Gulden
Michael L. Hitchcock (surgery)
Fern L. Hitchcock (surgery)
Melanie A. Hoffman (parasinusitis, fibromyalgia condition)
Beverly A Higgins (surgery)
Stephen Howard (bone marrow transplant)

Wayne A. Jaynes
Evelyn K. Johnson (surgery)
Marlin Julian (heart surgery)
Mary B. Kane (surgery on leg)
Jennifer Keetley (maternity)
Beverly King (caring for husband)
William Klein
Nicole L. Klein (broken ankle)
Anita L Koller care for husband)
Carrie L. Lambert
Angela R. Little (neck and shoulder injury)
Edna L. Lobodzinski (eye

surgery)
Geraldine Martin (surgery)
William B. McLean (kidney failure)
Rebecca G. Mercer-Leto (heart attack)
Stacy Miller (maternity)
Michelle Millary (taking care of father)
John E. Mogan (surgery)
Cecil Pennington (surgery)
Debi L. Petosky (back surgery)
Karen S Pense
Mary E. Pettitway
Barbara Carol Remines (surgery)
Angela L. Reeves (maternity leave)
Michael Reynolds

Boyd J. Richards (care of mother)
Denise Robinson (maternity)
Ricky Ross (heart attack)
Tami C. Rowland (maternity)
Allan Scarborough (back surgery)
Jennifer W. Sekowski
Sherry Schaffer
Diane Scott
Lena Shelton
Teresa L. Shores
Motoko Stahl
Debra S. Stark (surgery)
Colvin J. Strickler II
Rachel Swearingen
Walter J Swiderski
Hilary P. Talbot

Jorta J. Thomas-Murcia (surgery)
Alison Tichenor (surgery)
Sandra M. Wachter (surgery)
Rosalind Walters-Kenion (maternity)
Cecelia Walton (respiratory problems)
Beverly A. Werner (surgery)
Michael R. Willard
Charles Young (kidney and pancreas transplant)
Andrew M. Vaught (brain tumor removed)
Wanda L.Waldon (surgery)
*Colleen Waller
Josephine O. Wojciechowski (care for elderly parents)

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877. (*An asterisk indicates employees working at the APG office of the U.S. Army Research Laboratory. Call Susan Goldberg, 301-394-1080, regarding ARL employees.)

Commentary

Much done since Sept. 11

Sgt. Don Dees
Army News Service

In every generation there is a decisive moment, an instant in time against which all other events are measured.

Your parents can tell you exactly where they were when President John F. Kennedy was assassinated. Your grandparents likely can describe in detail what they felt upon learning of victory in Europe and the final days of World War II.

For those of us who wear the uniforms of the Armed Forces of the United States, our decisive moment is Sept. 11, 2001.

As the one-year anniversary approaches, we can look back at a number of accomplishments.

The wounds of Sept. 11 are healing. Workers toil valiantly to repair the site where American Airlines Flight 77 was flown into the Pentagon, claiming the lives of scores of innocents. By the anniversary, at the site of impact, Pentagon workers will occupy renovated offices.

In the country where these terrorists plotted to take the lives of American citizens, Al Qaeda and the Taliban are reduced to scattered pockets of evil. The Afghan people are free from warped religious tyranny. A national army is forming at the Kabul Military Training Center to provide stability and security to the developing Afghan government. However, much remains to be done.

Some in the international community decry America’s contin-

ued presence in Afghanistan, claiming our job is finished and we should go.

Leaving Afghanistan now would be akin to inviting Al Qaeda, the Taliban or similar organizations to take over. American soldiers are providing security to Afghan President Hamid Karzai in the face of what Secretary of Defense Donald H. Rumsfeld called, “credible threats.” The International Security and Assistance Forces are on the job protecting Afghanistan’s seat of government in Kabul. We must not abandon the Afghan people until they can provide for their own security.

There are those who accuse the United States of human rights violations in Afghanistan, and claim that our continued presence will result in further loss of life.

A report in the July 29 “London Times” quoted preliminary findings by a United Nations investigating team claiming the U.S. attacked innocent civilians on July 1, then tried to cover up the mistake.

U.S. forces are investigating the so-called wedding party incident at Kakarak and remain committed to preventing civilian casualties. Our forces are highly trained and disciplined. They will react swiftly and with extreme lethality against enemy threats, but will never intentionally attack unarmed people.

Some claim that Al Qaeda and the Taliban are finished. But reports continue to pour in of former fighters returning to Afghanistan to take up arms against the foreign presence.

Reports surfaced July 30 that a man with more than a thousand pounds of explosives hidden in his car was headed for a target in Kabul. One account said the man was in a traffic accident and authorities discovered him before the plot could be carried out. This would-be bomber illustrates that our work is not finished.

Our commander in chief addressed a grieving nation just nine days after the terrorist attacks that set the War on Terrorism into motion. President George W. Bush called on each and every citizen to uphold American values and the American way of life. He called on our armed forces to wage war on violence against our people.

He inspired us to action saying, “we will not tire, we will not falter, and we will not fail.”

We must remain strong. We must remain steady. We must be committed.

There are, no doubt, to be other fronts in the war on terrorism. Our forces will fight to deny safe havens for evil. We will win those fights in due time.

In doing so, we must not forget what President Bush said to the soldiers of the 10th Mountain Division at Fort Drum, N.Y., July 19, “This is a decisive moment in the history of freedom. As your commander in chief, I leave you this message: Be proud, be strong.”

(Editor’s note: Sgt. Don Dees is assigned to the 300th Mobile Public Affairs Detachment, Bagram, Afghanistan.)

Letter to the editor -- 9-11 remembered

I was parking my patrol car at the Swan Creek Inn that morning. We have a check-in log there. I was also going to avail myself of a cup of coffee, when I heard on the radio that a plane had flown into one of the towers at the World Trade Center in New York.

I remember thinking, ‘What an idiot.’ I walked inside, greeted the clerk on duty, signed the log, got my coffee and remarked to the desk clerk about the airplane. In my mind, I was envisioning a small, private plane.

I continued my patrol duties. A few minutes later, I stopped at the Ordnance Museum. Inside, I found the curator, Dr. F. William Atwater and two associates intently watching a small color television. As I joined them, we saw the second airplane, (by now I knew they were jet airliners) circle and crash into the second tower. I knew that instant exactly what was going on.

I asked Atwater if he had any anti-aircraft guns in the museum we could use to defend the installation. I don’t recall his response, as I was on my way to my patrol vehicle. I radioed the Desk Officer that I was enroute to Harford Gate to stand by to close the post. I was instructed to resume normal patrol, as the order to close the post had not been given.

Not long afterward, a third plane struck the Pentagon. The order to close the post was given.

I immediately drove to Maryland Gate, as I was closer there than Harford. Another patrol arrived and we pulled the gates closed, wrapping the padlocked chain over the end caps in an effort to secure it in place. I left that patrol at the Maryland Gate and continued to Harford. Fortunately for us, our squad had taken the initiative and precaution during a midnight shift back in June, to free up the gates on Harford Boulevard. The gates had not been exercised in so long that they were rusted tight in place. Using a 2 1/2 pound hammer, WD40 and an adjustable wrench, we worked on the gates for several hours until they were swinging freely.

Several people stopped to ask why we were doing this. I said that someday we may have to close them. I never thought that someday would so soon.

With the gates now closed, the reality of what we were doing and why suddenly hit me. This reality was soon replaced by fear. Not scared fear, but the fear of knowing that we weren’t prepared for this. We were under-strength and would be outgunned by any enemy assault force. I double checked my Beretta to reassure myself that there was a round in the chamber, and wished I had more ammunition and a 12-gauge shotgun.

For the next 48 hours the future seemed uncertain. Word of the fourth hijacking that crashed in Pennsylvania had everyone wondering what was the intended target. Would there be additional hijackings? Could we expect a direct ground assault? The list of possible tar-

gets, both military and civilian, seemed endless.

We worked double shifts. Many of us only went home to shower and put on a clean uniform.

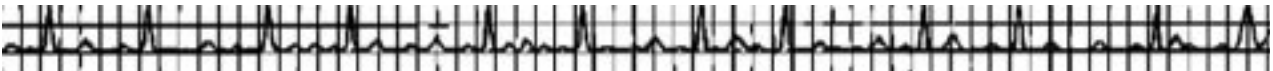
During that first week we siezed several loaded handguns and made several arrests for drug possession.

In the weeks and months that followed APG’s defensive posture improved. We were supplemented by personnel from the 389th Army Band (AMC’s Own), the 61st Ordnance Brigade and the Noncommissioned Officer Academy.

The arrival of these additional support personnel and downgrading of our alert status from Delta to Charlie, gave us all cause for a sigh of relief.

George Martin
Police officer
DLES

APG Beat




Question: “Where were you Sept. 11; has it made you more patriotic and why?”




Capt. Marilyn Johnson
*Headquarters and Headquarters Company
143rd Ordnance Battalion*

I was stationed in Germany. At first we thought it was a bad joke. Then right away we knew the security would increase. My husband was in the field and I had to hurry to pick up my child before they locked down the post. I wouldn’t say it made me more patriotic, but it has made me more aware of what wearing the military uniform means.




Pvt. James Durham
*1/246th Field Artillery
Virginia National Guard*

I was working with my dad. We heard it over the radio. We didn’t know what to think. It made me wonder what more will happen.




Joan Milton
RN, Perry Point, VAMC

I was at work watching it on TV in the dayroom. We just couldn’t believe it. But we have rebounded. It’s sad to think it took something so extreme to make people appreciate our country’s firemen and police officers.




Donald Bailey
Retired Command Sgt. Maj.

I watched it on the television at work in the General Motors Plant in Dundalk. I was surprised, then shocked. I think most of the country has become more patriotic. Since then, I’ve felt more devoted to my country and proud to be an American.



Gus Livorsa
AAFES contractor

I was in Florida on business following the death of my son. I was watching TV when the first plane hit. I didn’t think much of it until the second plane hit. I knew then it was no accident. It hasn’t made me more patriotic, just angry that we took so long to retaliate.



Spc. Latrisha Jones
*450th Military Police Company
Tennessee National Guard*

I was getting ready for work when I just happened to turn on the TV. The second tower was burning. Right away, I knew it was no mistake. It made me more sad than angry. Since then, I’ve been proud to serve on Operation Noble Eagle. I hope we’ve made a difference.



Geremia Philippe
French Army
(Visiting a friend at APG)

I was in France at a military academy at the time. It came to us as a shock. It was unbelievable. The events have not changed my perceptions of freedom. We plan to remember the victims and watch the memorial services.



Army News



9-11 hero recalls Pentagon tragedy

Master Sgt. Jon Connor
Army News Service

As the anniversary of the 9-11 terrorist attacks on America draws near, one Pentagon “hero’s” life has forever been changed in more ways than one — some good and some not so good.

Regardless, Staff Sgt. Christopher Braman wouldn’t change a thing.

On Sept. 11, Braman did what he had to do, and now he’s doing what the Army would like him to do — telling his extraordinary personal experiences during some of this nation’s darkest hours.

Immediately following the intended crash of American Airlines Boeing Flight 757 into the west wedge of the Pentagon at 9:38 a.m. on a bright autumn day, Braman offered his body and Army experience to help in any way he could. As it turned out, Braman stayed at the crash site for three days straight, looking for life.

As he prepared to go into America’s damaged symbolic defense fortress, Braman said he told himself, “Dear Lord, give me the strength for what I’m about to do...follow me through here.”

What he then experienced was something unimaginable, or at least, straight out of a war movie. With a fire burning at an estimated 2,000 degrees, Braman, an airborne Ranger soldier who was working as a purchasing agent at the Army’s General Officer Mess in the Pentagon, breathed jet fuel, asbestos, carbon dioxide, human matter, computer and

office furniture in his frantic search for survivors.

He recalled the day’s horror:

“It had every bit of the smells of combat. It had the screams; it had the fire; the burns and the victims’ faces. I’ll always remember the victims’ faces,” Braman said. “Not only those I saw on the eleventh, but the next three days.

“I actually saw what death looks like straight in the eyes. I touched it, smelled it, and tasted it.

“Seconds became minutes, and minutes became hours. The next thing I knew it was 1:47 in the afternoon. I was very fortunate to get out before that area collapsed. I can’t explain why things happen.”

During one search, Braman heard a clapping sound. As he went to it, he discovered a woman who couldn’t speak because of intense smoke inhalation, but was able to clap for help.

That woman was Sheila Moody, an Army civilian accountant.

Later, Moody would call Braman her “guardian angel” on the Oprah Winfrey television show. That title, Braman said, is all the reward he’ll ever need for rescuing her.

Not surprisingly, Moody, who is married with three adult-aged children and whose husband is an Army reservist, has a special bond with Braman.

“She wants to hold me and thank me. In her eyes, she told me, she couldn’t thank me enough. I tell her that ‘seeing

that smile on her face is thanks enough,’ “ he said.

As fate would have it, Moody was the only survivor of 40 people from her office.

As chaos unfolded, the then 33-year-old Braman would not leave the crash site despite orders from other higher-rank-ing Army personnel acting on information about another hijacked jet heading toward the Pentagon. Braman then volunteered to be the noncom-missioned officer-in-charge of the new morgue recovery team.

Braman attributed his Ranger training for thinking on his feet.

“I just reacted that day. The military trained me and God kept me safe,” Braman said, labeling the crash scene as the “most organized chaos” he had ever seen.

As Braman explained, Rangers never leave a fallen comrade at any cost. As far as he was concerned, his Army family lay in the Pentagon.

Leaders like Sgt. Maj. of the Army Jack Tilley and Secretary of Defense Donald Rumsfeld, to name a few, were helping rescue efforts too.

“That’s leadership leading from the front,” Braman said. “That’s what being in the mil-itary is all about. That’s brotherhood.”

After three incredible and exhausting days, the Army and Braman knew it was time for him to go home and begin his own recovery.

In the months ahead, the media would pick up on Braman’s story.

It started late-October when Braman was awarded a Purple

Heart and Soldier’s Medal for his wounds and bravery.

After speaking to reporters after the ceremony on the specifics of his actions, it was obvious that Braman was a Pentagon hero, much like the firemen and policemen who died trying to save others in the New York City’s World Trade Center terrorist attack.

Army leadership, through the Recruiting Command, thought Braman should tell his story to Americans, young and old alike, across the country.

Braman agreed and has been on a nonstop speaking circuit ever since - whether it’s TV shows or speaking to chil-dren at school. In fact, his most recent schedule shows that he is booked through mid-January.

“The story never changes,” Braman said, “and they want to hear what happened because they were all affected that day.”

“I tell everybody, I’m not a hero. In my eyes I don’t think I’m a hero.”

On Dec. 21, Braman partic-ipated in carrying the Salt Lake 2002 Olympic Torch Relay, along with a dozen oth-ers, as it passed by the Pentagon.

While such activities have been therapeutic, Braman has been diagnosed with Post Traumatic Stress Syndrome and is receiving help for it.

“The thing about PTSD is you never know you have it, you actually just live it. The nightmares are real. It’s almost as though I’ve never left the site,” Braman said.

Braman also was diagnosed with a rare form of Restrictive



Photo by STAFF SGT. NATE ORME
Nearly a year after Sept. 11, Staff Sgt. Christopher Braman stands tall outside the west wedge of the Pentagon as personnel begin moving back into the renovated area. The west wedge was the area damaged by the terrorist attack on the Pentagon.

Airway Disease Syndrome from the damage his lungs suffered during the rescue and retrieval operations. It is a form of chemical pneumonia believed to have been caused by the hot toxins he inhaled.

“I don’t have an issue with that because I chose to go back in (the Pentagon),” Braman said.

To share Braman’s experi-ence then and now is some-thing most wouldn’t hope for — regardless of what good comes from it. For Braman, many questions will always remain unanswered.

But, Braman has reaffirmed his relationship with God in search of inner peace and strength. When he comes home from being a national hero, Braman has a wife and two young daughters to com-fort him and for him to love

and care for.

“I look at life differently now. I was humbled that day and those three days I was there. When you look at death, it changes you,” Braman said. “I was mentally, physically, emotionally humbled.”

While Braman doesn’t know when his speaking engagements for the Army will end, he said he’ll contin-ue to be an ambassador for the Army as long as the need is there.

“You know, it doesn’t mat-ter in my eyes how long it goes on,” the 12-year veteran said. “As long as the military needs me to do this, I will do it.”

Mainor

From page 7

judges observed as the drill sergeants taught military customs and courtesy and drill and ceremonies to young recruits.

“The final two days we unwound,” Mainor said.

The command took the participants sightseeing in Washington, D.C., and hosted a dinner in which Secretary of the Army Thomas White was the guest speaker.

Mainor said the experi-ence raised his goals.

“I came away re-charged,” Mainor said. “I used to want to just be the best drill sergeant I could be. Now, I plan to achieve the rank of sergeant major.”

In addition, his profes-sional philosophy was rein-forced, he said and he con-tinues to take his job and position seriously.

“A drill sergeant has the opportunity to mold future leaders while presenting a favorable impression of the Army to civilians,” Mainor said. “I may never have a better job than this.”

He added that recruits, in comparison to when he entered the military, are smarter but less disciplined.

“I try to find ways to instill more discipline into privates,” he said. “The way the world is today, they should be focused on where they may be deployed. Me holding their hands for 14 weeks is not helping them.”

Mainor thanked his chain of command, OC&S and former 1st Sgt. Robert Bartholomew, his mentor, for supporting his endeavor.

“It was an honor for me to represent OC&S,” Mainor said. “It shows that ordnance drill sergeants are playing our part in this Army as well. I work with some of the best drill sergeants in the Army.”

Staff Sgt. Randy Cheadle, Fort Leonard Wood, Mo., took first place honors in the competition. It was the fifth consecutive win by a Fort Leonard Wood drill sergeant.

Deadline approaches for high school stabilization program

Army News Service

Soldiers with high school seniors who graduate in 2004 should start talking to their assignment branch now if they wish to be stabilized at their present duty station for their child’s graduation, said personnel officials.

Soldiers must submit requests no later than 12 months prior to the beginning of the senior school year. For example, if the student’s senior year starts in September 2003, the request must be submitted to PERSCOM not later than September 2002.

More than 1,300 soldiers, non-commissioned offi-cers and officers have signed on to the program since its inception in April 2001.

“My family has made great sacrifices for me and my military career,” said Sgt. 1st Class Raymond Almendarez, medical operations sergeant in Camp Casey, Korea. “So, it is only fitting that the military and I should reward my son by allowing him to fin-ish his senior year.”

Almendarez was one of 1,380 soldiers who have applied for the stabilization program. So far 1,155 enlisted personnel have applied for stabilization. Of these, 1,153 were approved.

“Approximately 48 percent of the requests came from the sergeant-first-class rank,” said Lt. Col. Patrick Sedlak, Enlisted Personnel Management Division at the U.S. Total Army Personnel Command. “We did, however, have command sergeants major through privates first class apply as well.”

More than 225 officers have applied for the pro-gram as well. Of these, 220 were approved.

Soldiers may initiate a request for stabilization by submitting a DA Form 4187 listing the family mem-ber’s name and social security number. The family member must be enrolled in the Defense Eligibility and Enrollment Reporting System, or DEERS. A let-ter from the high school stating when the family member is projected to graduate must be attached to

the 4187.

Soldiers stationed overseas must state on the form that they will extend their foreign-service tour to meet the stabilization requirement.

Enlisted soldiers must also list any scheduled training, such as schooling or temporary duty enroute, on the 4187. Officers with scheduled train-ing should contact their branch assignment officer to reschedule that training.

Stabilizing Army families with high school seniors to reduce turbulence was among the top recommen-dations of an Army Education Summit held in July 2000. Army Chief of Staff Gen. Eric K. Shinseki heard the summit’s out-brief and promised attendees to move forward quickly on the recommendations.

PERSCOM remains the approval authority for all stabilization requests.

(Editor’s note: This article was released to ARNEWS by PERSCOM.)

ATC supports water conservation efforts

Story and photo by Barry Decker
DIO

Due to dwindling water supplies and increased water restrictions, the U.S. Army Aberdeen Test Center is using non-potable water for its test facilities.

Over 360,000 gallons of non-potable water was drained from the ATC “Bath Tub” which required maintenance and repair, and was used in support of ATC’s testing program.

The water is used to control dust on ATC’s Munson, Churchville and Perryman Test cours-es, the Tank Access test area, and the AA 5 Test Range.

Water was also removed from the ATC “Fording Basin” and the ATC “Bird Bath” for similar purposes.

When these sources of non-potable water were depleted, efforts led to the decision to start drawing water from the Spesutie Narrows to assist in controlling dust.

The Maryland Department of Environment authorized water withdrawals from Spesutie Narrows in accordance with ATC’s previously approved permit.

Over 635,000 gallons of drinking water have been saved from cooperative efforts such as this one, coordinated with the Directorate of Installation Operations.



Directorate of Installation Operations Equipment Operator, Jerall W. Morrison, watches while a 600 gpm pump fills his water tanker with non-potable water from Spesutie Narrows for use on U.S. Army Aberdeen Test Center test tracks in controlling dust.

Water

From front page

- Serving water in restaurants, unless requested, is prohibited
- Voluntary water conservation is now mandatory. Residential, business and industrial water users must imple-ment plans to reduce water consumption by 10 percent.

Additional APG restrictions

- No use of fresh water to flush sewers or hydrants except for public health or safety reasons. Efforts will be made to use flushed hydrant water.
- Garrison and tenant activities should review their mis-sions with an eye to achieving a 10 percent water reduction.
- Any APG tenant organization using 10,000 gallons or more of water per day must develop a water conservation plan and submit it to the Directorate of Installation Operations.
- Golf course greens may be watered everyday, and tee boxes may be watered every other day between 8 p.m. and 8 a.m., as necessary for maintenance.
- No flower or vegetable garden watering is allowed.
- No vehicle washing except mission essential and emer-gency vehicles, using recycled water or closed loop wash racks.
- Domestic laundry is limited to a maximum of one load every other day per family in housing areas, and barracks res-idents are limited to two loads per week.
- DIO will identify and prioritize all water leaks. If you notice a leak, report it to the Service Order desk in Aberdeen Area by calling 410-306-1400; or in the Edgewood Area by calling 410-436-3731.
- Test firing will be coordinated with the installation fire department in an effort to avoid accidental fires.
- All outside, non-mission essential organizations are restricted in their use of the installation.